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1

Introduction to Swimming

It is believed that the art of swimming is known since the history of mankind. Man learned to swim much before it was possible for him to leave us any written record for his aquatic accomplishments. He perhaps made the beginning by crawling on his hands and knees in the shallow water on beaches. He entered this new environment primarily in pursuit of food and secondly for pleasant sensation that bathing gave him and then developed the first real urge to swim.

Swimming finds its mention in many ancient civilizations including Egypt, Assyria, Greece, and Rome where it was practised widely and stressed in the training of warriors. During World War II almost all the nations included swimming instructions as a part of training for all military personnel.

It is established that the English were the first people of modern civilization to make a sport by navigating water with arms and legs. Swimming was one of the sports included in the first modern Olympic Games at Athens in 1896. Diving events were added later in 1904. The women's competitions were recognized in 1912. The first official club in India, the Calcutta Swimming Club, was founded in 1926. India made her Olympic debut at Amsterdam in the year 1928. However, the National Swimming Association of independent India was founded in 1949. Swimming was one of the six sports at the 1st Asian games held at Delhi in 1957 where India clinched the Water polo gold.

Swimming is a sport in which a person propels himself through the water by means of synchronized movements of his arms, called strokes and legs, called kicks. It is one of the most popular sports and is rated by physical educators to be the best exercise for all round development of the body. Swimming conditions the cardiovascular system while placing the minimal stress on joints. It employs all the major muscle groups of the body leading to a well developed supple musculature.

Swimming is acknowledged to be the finest means towards physical rehabilitation for people suffering from certain disabilities or those recovering from injuries. It is also the most active sport they can enjoy without external aids. As a pastime, Swimming has few equals. It is fun from the moment a learner gets his feet off the bottom. It is enjoyed by millions of people world over. Swimming is often a means of protecting and saving lives. Its survival and safety aspects are undeniable. Knowing swimming is also passport to other aquatic sports. Once you know it, all kinds of water sports lie ahead.



2

Swimming Competitions at Different Levels

2.1. National Championships:

Following National Level championships are conducted in Swimming, Diving and Waterpolo:

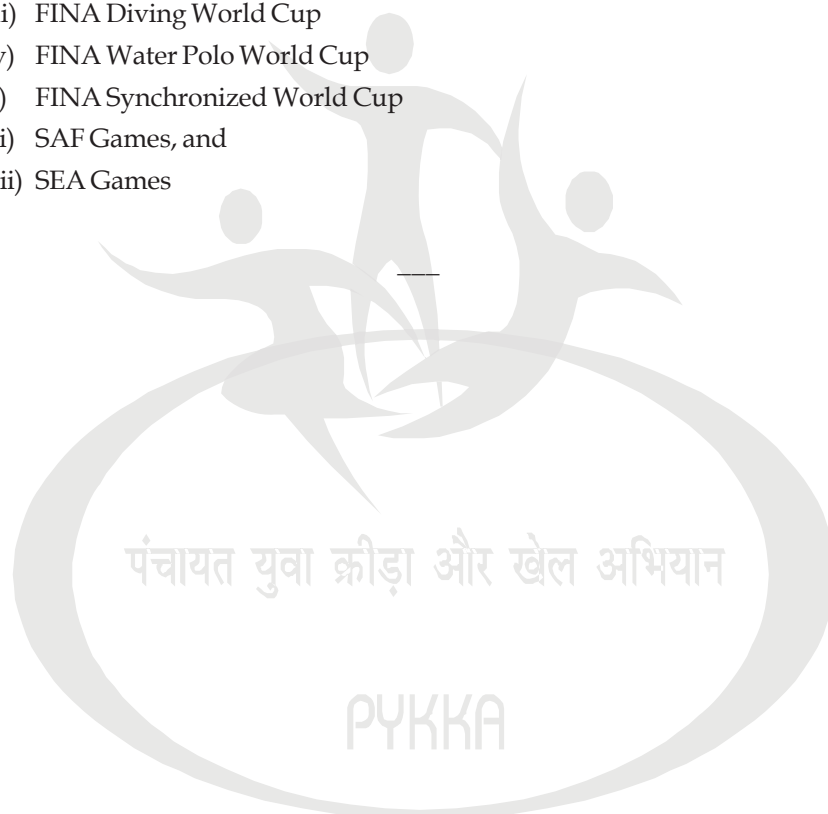
- (i) Senior National Championship
- (ii) Junior and Sub Junior National Championship
- (ii) All India Inter University
- (iv) National School Games
- (v) National Games
- (vi) National Women Sports Festival
- (vii) All India Civil Services Aquatic Championship
- (viii) All India Revenue Championship
- (ix) All India Police Aquatic Championship
- (x) All India Railway Championship
- (xi) National YMCA Meet, and
- (xii) National Paralympic Swimming Championship

2.2. International Championships:

Following International Championships are conducted in Swimming, Diving and Waterpolo:

- (i) Olympic Games
- (ii) World Championship
- (iii) Asian Games

- (iv) Asian Championship
- (v) Asian Pacific
- (vi) PAN American Games
- (vii) Commonwealth Games
- (viii) South Pacific Games
- (ix) African Games
- (x) FINA Swimming World Cup
- (xi) International Swimming Games
- (xii) SAARC Countries Game
- (xiii) FINA Diving World Cup
- (xiv) FINA Water Polo World Cup
- (xv) FINA Synchronized World Cup
- (xvi) SAF Games, and
- (xvii) SEA Games



3

Swimming Pool Construction and Maintenance

Constructing a swimming pool is a costly affair. A rectangular multipurpose swimming pool should be the choice in the schools where teaching of swimming to the beginners, diving, water polo and advanced training can be imparted. The depth at the shallow end should be preferably 2.5 - 3.5 feet with no steep slope up to 10m. The other measurements may be kept as per needs. If it is not possible for the school to have its own swimming pool then the facilities may be hired from some side by school or department. In rural schools swimming can be promoted in irrigation or temple tanks, bathing ghats, rivers ponds or at sea coast.

For standard competitions like Olympics and World Championships, the International Swimming Federation (FINA) recommends that the pool shall be 50.00m in length and 25.00m in width with 10 lanes of 2.50m each. However, only 8 middle lanes are to be used in the race. The pool shall have uniform depth of minimum 2.00m all over. Gutters may be provided on all four sides, however, if provided on the end walls, then they should be 30cm above the water surface. Lane ropes, consisting of floats of 5-15cm diameter, shall be firmly extended between each lane. The colour of the floats extending up to 5.00m and 15.00m from each end wall shall be of distinct colour from the rest. Lane markings of a dark contrasting colour shall be placed on the floor in the centre of each lane. The width of the lane markings shall be 20 - 30cm. The length of lane markings shall be 46.00m ending 2.00m from each end wall with a cross of same width making 'T' of 1.00m length at the end of the lane marking.

The height of the starting platform shall range between 50-75cm above the water surface; the top surface shall be 50cm × 50cm and covered with non-slip material. The slope shall not be more than 10°. The handgrips for backstroke starts shall be placed above the water surface. Each starting platform shall be visibly numbered on all four sides with lane number 1 starting from the right

hand side when facing the pool at distance of 5m from each end wall and at a height of 1.80 - 2.50m above the water surface.

A false start rope shall be similarly suspended across the pool not less than 1.20m above the water level at a distance of 15.00m from the starting end.

The diving well of 20m × 20m size shall be 5.00m away from the swimming pool. The depth of the diving well may range between 3.50 to 5.00m as per requirements of different height diving boards.



4

Equipment Used In Swimming

One of the greatest advantages of Swimming is that it costs very little to the swimmer. All he needs is a Nylon or Lycra swimming trunk (costume for women) and a towel. Wearing a bathing cap is useful for keeping hair out of eyes and prevents hair from falling. Swimming goggles are useful for keeping chlorine out of his eyes and also help the swimmer to see better under water. All these equipment do not cost much and they last quite longer.

Recent innovations aiding the non-swimmer to learn more quickly are a number of other useful pieces of equipment, such as, inflatable arm bands, rubber tubes or rings, buoyant belts, kickboards and pull buoys. These floating devices help the swimmer to stay afloat without having to be carried. They provide more safety and allow the swimmer to concentrate on the stroke being taught.

A drag suit or plate is used for training the swimmer which provides additional resistance without affecting body position. Hand paddles are available in different sizes designed for greater forearm stress. Swim fins are attached to the feet like shoes to help the beginner learn proper kicks and later for over loading the legs.

5

Fundamental Techniques and Teaching Stages in Swimming:

Techniques in swimming are classified into three main categories:

- 5.1. The strokes,
- 5.2. The starts, and
- 5.3. The turns.

5.1. The Strokes:

In swimming there are four competitive strokes being swum all over the world:

- 1.1. Front Crawl Stroke,
- 1.2. Back Crawl Stroke,
- 1.3. Breast Stroke, and
- 1.4. Butterfly Stroke.

5.1.1. Teaching Stages of Front Crawl Stroke:

Body Position:

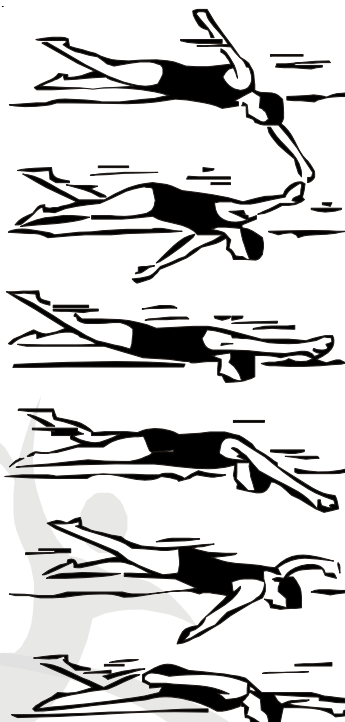
The basic body position for teaching the front crawl stroke is streamlined prone position. The swimmer lies flat on his stomach with both arms stretched out in front, passing by the side of ears and the water level is at hair line. Both legs are extended to the back with toes pointed.

Arm Action:

The arms are pulled alternately from front to back inside the water and recovered from outside the water. While one arm is pulling / pushing, the other arm is recovering. The arm strokes provide most of the forward propulsion. The arm action is further divided into various parts, such as, the entry, catch, pull, push, release, initial recovery and final recovery.

Leg Action:

The leg movements in front crawl stroke is called the flutter kick. The legs move alternately up and down. The leg movement originates from the hip joint. While one leg kicks downward, the other leg recovers upward. The knees are flexed with toes pointed during the down beat and are kept straight with toes relaxed during the up beat. Though, the leg action provides only a small amount of forward propulsion when combined with arm action, but it is essential to attain horizontal body position and reduce the body drag.



Lateral Breathing:

Breathing in front crawl stroke is done on the side, whichever side is convenient to the swimmer. The swimmer takes the breath through the mouth by turning the head to the side of the pushing arm at the beginning of recovery. Soon the face goes back into the water and the swimmer breaths out more through the mouth and only a small portion through the nose. The mouth goes to other side also while breathing out but does not come out of the water. The swimmer continues exhalation and goes back to the same side to inhale again. Usually the swimmers take breath every arm cycle.



Body Roll:

The body of the Front Crawl Stroke swimmer rotates around its long axis with every arm stroke so that the shoulder of the recovering arm is higher than the shoulder of the pulling / pushing arm. This helps the pulling arm to sink down and perform a deeper pull and on the other hand it facilitates a high elbow of the other arm.

5.1.2. Teaching Stages of Back Crawl Stroke:

Body Position:

The basic body position for teaching the back crawl stroke is the starting position. The swimmer lies flat on his back with both arms extended over head, passing by the side of ears. Face is out of the water. The back is extended back with toes pointed. Hips are just below the water surface.



Arm Action:

The arms are pulled alternately from back to front inside the water and recovered from outside the water with straight arm over the body. While one arm is pulling / pushing, the other arm is recovering. The arm strokes provide most of the forward propulsion. The arm action is further divided into various parts, such as, the entry, catch, pull, push, release, and recovery.

Leg Action:

The legs move alternately up and down. The leg movement originates from the hip joint. While one leg kicks downward, the other leg recovers upward. The knees are flexed with toes pointed during the up beat and are kept straight with toes relaxed during the down beat.

Lateral Breathing:

Breathing in backstroke is very easy, as the mouth and nose are usually over the water. The Swimmer breaths once in every arm cycle.

5.1.3. Teaching Stages of Breast Stroke:

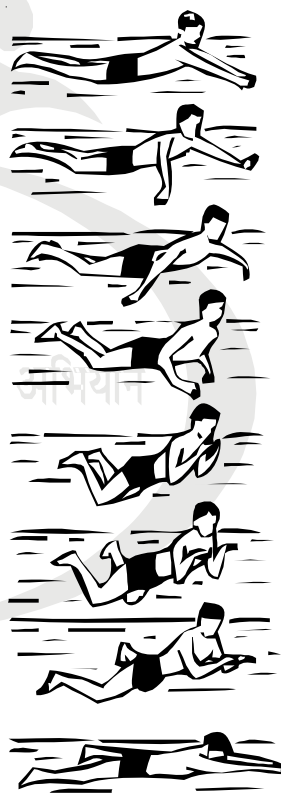
Breast stroke is the slowest of the four official styles in competitive swimming. It is swum while lying on the chest, with the arms only breaking the surface of the water slightly and legs always underwater, while the head is underwater for the second half of the stroke.

Arm Action:

Both hands, thumbs together, reach forward, fully extending the arm at the elbow the arms will stay in this position until the kick is completed by the feet touching. The hands rotate laterally, cupped to catch the water, and press laterally with slight flexion of the arm at the elbow. The arms continue to flex at the elbow as the press on the water is now turned medially towards the chest once at the chest, the hands meet in the centre, and elbows flexed close to the chest to reduce drag, and recover together over the water at the beginning, but then dive in to the reach and glide.

Leg Action:

The leg kick starts to push back to continue the forward movement. The legs flex at the knee and hips to prepare for the kick.



Breathing:

Breathing is usually done during the beginning of the in sweep phase of the arms, and the swimmer breathes in ideally through the mouth.

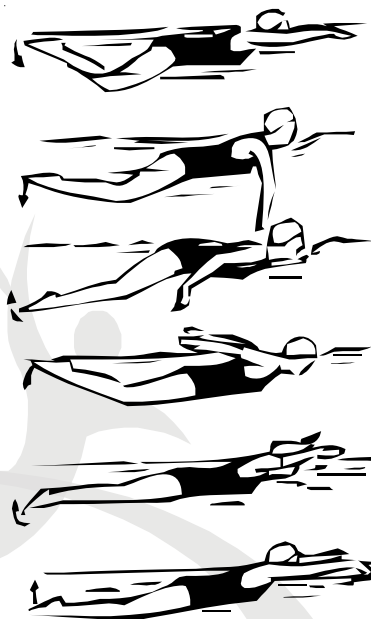
5.1.4. Teaching stages of Butterfly Stroke:

The butterfly technique with the dolphin kick consists of synchronous arm movement with a synchronous leg kick. The wave like body movement is also very significant, as this is the key to easy synchronous over water recovery and breathing.

Arm Action:

Both arms break the water simultaneously, hand and forearms first, the arms swing outwards, elbows slightly flexed as they both continue to swing round and meet forward of the head, thumb and fingers first. Together, the arms press laterally, and the arms begin to flex at the elbow (the small kick starts). As the arms continue to flex, the hands turn medially and press towards the body (in small kick finishes).

As the hands come close to the body, they then press towards the feet, fully extending the arms at the elbow in preparation for the quick "flick" out of the water and to recovery (the big kick starts).



Butterfly Stroke

Leg Movement:

The shoulders are brought above the surface by a strong up and medium down kick, and back below the surface by a strong down and medium up kick. A smooth wave combines the motion together.

Breathing:

The breathing process begins when the swimmer presses both hands downward, and the swimmer breathes in ideally through the mouth.

Body Movement:

The body moves like a wave and as the chest is pressed down, the hips go up breaking the water surface.

5.2. The Starts:

All four competitive strokes are to be started in the competition by using a pair

of technique known as start. The swimmer emphasises on quickest technique which allows him a stronger push off from starting position. The starting techniques which are popular today are:

1. Grab start
2. Circular start
3. Racing start
4. Conventional start
5. Tuck start

Teaching Stages of Start:

For teaching the “start” to the beginners the following sequence is followed;

1. Position on the block
2. Take off
3. Flight (position in air)
4. Entry into the water
5. Glide
6. First stroke

However, back stroke uses almost a uniform technique which does not have any special name and is known as backstroke start.

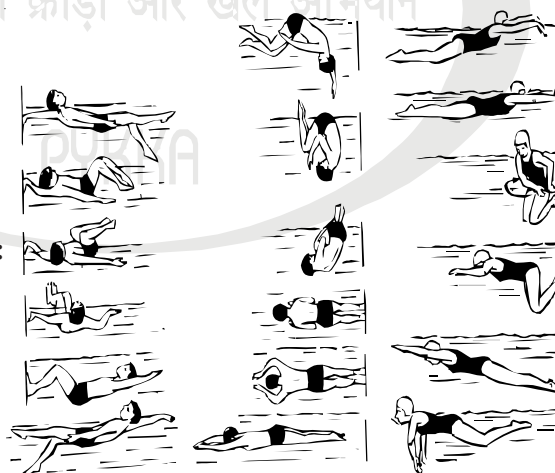
5.3. The Turns:

During the race the swimmer must take a turn from the end of the wall to complete the full distance of the race. The swimmers try to use such technique which is quicker and gives strong push off from the wall within the permissible rules of the stroke. The various turns used by swimmers are:

1. Simple turn
2. Throw away turn
3. Summer Sault turn
4. Flip turn
5. Roll over turn
6. Breast stroke turn
7. Butterfly turn

Teaching Stages of Turn:

1. Approach to the wall
2. Turn or touch
3. Push off
4. Glide
5. First stroke



TEACHING OF EARLY STAGES IN SWIMMING:

Teaching swimming sounds like an easy task for those who know how to swim. But if you are not careful you can scare people away from the water for a good amount of years. So, how you teach swimming is very important. If swimming is not taught properly and correctly children can develop a phobia.

Role of Teacher:

1. Cheerful attitude
2. Understand individual differences
3. Offer plenty of encouragement
4. Recognize fear of student
5. Develop self confidence with students
6. Praise students
7. Have patience

The Beginning:

Assemble the class at pool side at a given point. First orient the children with pool surroundings and swimming environment by taking them around the pool, showing various equipments, changing rooms, different depths of the pool specially the limits of shallow water. Also brief the safety, health and hygiene rules which are to be followed by all at the pool. Then they are asked to “change.” Engage them in talks and bring closer to the pool. Make them sit on the deck around the shallow end with feet hanging and swinging in the water making waves. Also encourage them to lean forward and touch the water with hands.

Entry into the Pool:

Organize a partner system (spotter system) one as spotter for the other. If required, air tubes and arm bands may be used. Various methods of safe entry may be used i.e. walking down the steps if provided at the shallow end facing the pool side, sit on the pool side, grip the railing with other hand, turn body sideways to grip the rail with other hand and drop into the pool, try the same method by facing pool side and jump towards the teacher / partner already into water to support.

Movement at the Shallow End:

Encourage the children to move along the wall, rail or scum gutter immediately on entering the water. Take support with one hand and paddle with the support of rail or wall and paddle with both hands while walking at the shallow end. Later introduce hopping and let them sink down up to shoulder level. Breathing with the mouth may be introduced by blowing into the water taken in both hands or by putting the face on the surface in standing position with feet apart.

Submerging, Opening Eyes and Bobbing:

Once the students feel confident they should be made to put the face in the

water. This is better done in partners facing each other. Take a breath, gradually submerge completely by bending the knee on the bottom. Encourage the children to open eyes under water after a few repetitions. The partner shows fingers inside the water as to ensure opening of the eyes. They may now start breathing out slowly through the mouth with head completely under the water and feel the bubbles passing by the faces to the surface. Later make them to go up and down several times until they feel perfectly natural.

Getting the Feet off the Bottom:

Walking across the pool with shoulders submerged and arms at stretch for support and holding kick boards with both hands. Gradually increase speed and forward lean until the feet rise from the bottom. Student stand back towards the wall in forward leaning position approximately 2 meters away, arms stretch forward on the surface and shoulder submerged. From this position they lean forward on the water push off with the feet and glide towards the wall, rail or scum gutter.

Floating:

Remember that it is much easier to float on the surface by keeping the body relaxed than by thrashing about with arms and legs. After having left the bottom with support, the child should now be ready to float without any support or help.

Types of Floats:

1. Tuck float
2. Jellyfish float
3. Prone float
4. Star float
5. Supine float

Pushing Off, Gliding and Standing Up Again:

The beginners should now gain confidence in doing this stage as swimming is based on the principle of gliding across the surface of the water. Stand with back to the side walls of the pool and close up against it, leave the shoulders into the water keeping the head above the surface, now place foot against the wall, take a deep breath lower the face into the water and push off with the raised foot. Lift the other leg so that both legs end up straight and pointed behind. The body will stretch on the surface and now glide towards the partner standing 4-5 meters away. The partner now hold the out stretched hand, lower the hips, pull the knees under the body thrust them down to the bottom placing a little apart, stand up on the floor raising the head and shoulders.

Practice gliding further with a float held in extended hands. It enables the beginner to stay on the surface and make him ready to learn the swimming stroke.

Which Stroke First?

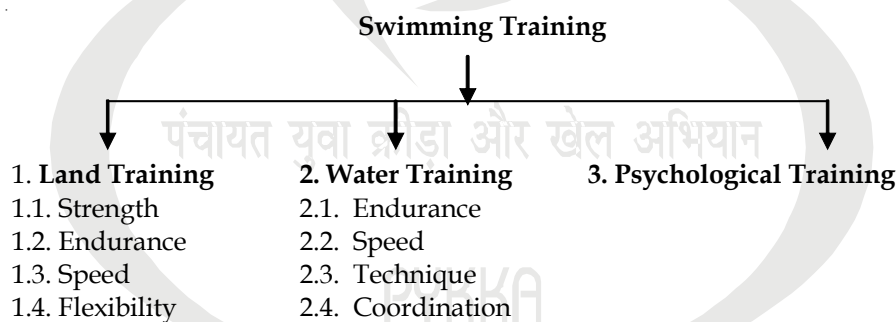
There are no set rules as to the order in which swimming stroke should be taught to the beginners. There are various schools of thought about the stroke best suited to the beginners. Some say free style should be taught first; some say back stroke. Whatever the merits of any stroke may be, the author feels that a multiple stroke approach in the early stages may be preferred whereby giving the learner an experience of all strokes and later allowing him to make up his own mind. The butterfly stroke, however, may be introduced at a later stage as it requires a high degree of swimming proficiency, strength and co-ordination.



6

Swimming Training - General and Specific

Swimming being an aquatic sport has the advantage of training both on land and inside water. The training in Swimming is imparted more on land during the transactional period and early part of preparatory period. In order to develop a strong base of motor abilities which can later on be transferred into good Swimming performance by training the Swimmers in water. The training in Swimming has three main categories which are given as follows:



6.1. LAND TRAINING:

6.1.1. STRENGTH TRAINING:

1.1.1. Callisthenics

1.1.1.1. Callisthenics without apparatus

1.1.1.2. Callisthenics with apparatus

1.1.1.2.1. Ropes

1.1.1.2.2. Benches

- 1.1.1.2.3. Parallel Bars
- 1.1.1.2.4. Wall Bars
- 1.1.1.2.5. Beam, Horizontal Bars
- 1.1.2. Training with Weights / Resistance
 - 1.1.2.1. Basic Weight Training
 - 1.1.2.2. Multi Gym / Pulley Weights
 - 1.1.2.3. Stretch Cords
 - 1.1.2.4. Resistance Cords
 - 1.1.2.5. Medicine Balls
- 1.1.3. Isometric Training
- 1.1.4. Isokinetic Training

6.1.2. ENDURANCE TRAINING:

- 1.2.1. Running
 - 1.2.1.1. Continuous Method
 - 1.2.1.1.1. Slow Continuous Method
 - 1.2.1.1.2. Fast Continuous Method
 - 1.2.1.1.3. Alternating Method
 - 1.2.1.1.4. Fartlek Method
 - 1.2.1.2. Non - Continuous / Interval Method
 - 1.2.1.2.1. Extensive / Slow Interval Method
 - 1.2.1.2.2. Intensive / Fast Interval Method
- 1.2.2. Circuit Training
 - 1.2.2.1. Fixed Dose Method
 - 1.2.2.2. Time Control Method

6.1.3. SPEED TRAINING:

- 1.3.1. Reaction Ability
 - 1.3.1.1. Simple Reaction Ability
 - 1.3.1.2. Complex Reaction Ability
- 1.3.2. Movement Speed
- 1.3.3. Acceleration Ability
- 1.3.4. Locomotion Ability
- 1.3.5. Speed Endurance

6.1.4. FLEXIBILITY TRAINING

- 1.4.1. Ballistic Method (jerky movements)
- 1.4.2. Slow Stretch and Hold Method
- 1.4.3. Post-Isometric Stretch Method.

6.2. WATER TRAINING:

6.2.1. ENDURANCE TRAINING:

Swimmers trained well on endurance will be able to swim at a faster average speed through first 3 quarter of most races and still have the energy for sprint fast

at the end. For middle and long distance Swimmer 70% of endurance is required, Strength 10% , Speed 10%, Technique Coordination 5% and Flexibility 5%.

There are various methods upon which endurance training can be made; some are as follows:-

Over Distance Method / Marathon Swimming:

This method is specially used in early part of preparatory period. The Pulse rate ranges between 150 - 160 bt / min. It improves cardiovascular endurance. Swimmer is trained at distances greater than the distance of his event which he is training. e.g. for 200m event he may swim 1000m or 1500m with or without timing or he may swim 4×400m at a bit faster speed.

6.2.2. Fartlek Method:

It consists of Swimming relatively long distances say about 800m or over continuously using variety of speed. However, distances are smaller than Marathan Swimming. It has two forms: organized and unorganized. In organized form, the coach prepares the pace such as 3 lapses slow, 1 fast; 2 slow, 2 fast 2 slow. This method is also used as sectional practice with kick board and pulls buoys. Maximum pulse rate ranges between 170-180 bt / min. In unorganized form the Swimmer swims at his own wish depending upon his condition and feeling during training. The proportion of slow and fast remains 1:4 or 1:2.

6.2.3. Interval Training:

It consists of swimming a series of repeats at a given distance with an impartial rest in between the repeats. Time and pace is maintained in repeats with impartial recovery. Pulse rate raises upto 170 - 180 bt / min. and recovery upto 140 - 150 bt / min. The distance is never longer than the distance the Swimmer is training for e.g. if the sprinting time of a 200m Swimmer is 25 sec for 50m, then he will be Swimming 25×50m on 30 sec. of rest interval. It is used in middle phase of preparatory period. The Interval Method is further divided into Slow and Fast Interval methods.

6.2.4. Repetition Training:

This method is the refinement over the fast interval training method where the Swimmer swims at a controlled speed and complete rest is given in between the repeats. Intensity of load varies from 85% - 95% of sprinting speed e. g. for a 200m Swimmer, if his best time in 100m Free Style is 60 sec., then in repetition training he should swim 10×100m on 63 to 64 sec. with an interval of 4 - 8 min. It is used in final stages of competition period.

6.2.5. Sprint Training:

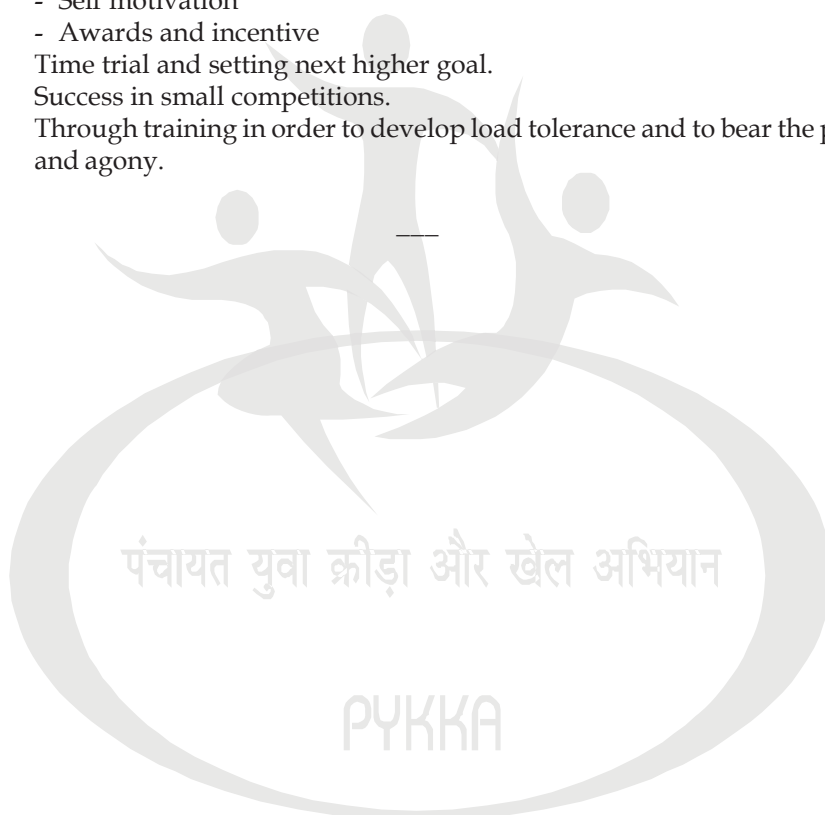
This method consists of Swimming at near maximum speed (95% - 100%) either in series of 10×50m or as isolated effort 1×75m or 1×50m. Rest interval is longer than repetition training which permits full recovery of heart rate below 95 bt. / min. It is used only in competition period when Swimmers are completely fit.

6.3. PSYCHOLOGICAL PREPARATION

Psychological preparation is needed to give best performance in competition. A Swimmer must have will power, determination, pain tolerance in his body in order to take out the race at maximum faster manner. He must develop a right mental attitude towards his training.

Technique to develop Will Power and Motivation

1. Psychological approach
 - Motivation by parents and coach
 - Psychological preparation by sport psychologist
 - Self motivation
 - Awards and incentive
2. Time trial and setting next higher goal.
3. Success in small competitions.
4. Through training in order to develop load tolerance and to bear the pain and agony.



7

Swimming Rules, Regulations and Competition Management

Following rules should be followed by the competitors while swimming a race:

- (i) A Swimmer shall swim the course alone and cover the whole distance to qualify.
- (ii) A Swimmer must finish the race in the same lane in which he started.
- (iii) In all events, a Swimmer when turning shall make physical contact with the end of the pool. The turn must be made from the wall, and it is not permissible to take a stride or step from the bottom of the pool.
- (iv) Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a Swimmer, but he shall not walk.
- (v) Pulling on the lane rope is not allowed.
- (vi) Obstructing another Swimmer by swimming across another lane or interfering the other shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the member promoting the race and to the Swimmer so offending.
- (vii) No Swimmer shall be permitted to use or wear any device that may aid speed, buoyancy or endurance during a competition (webbed gloves, fins etc.). Goggles may be worn.
- (viii) Any Swimmer not participating in a race, who enter the water, in which an event is being conducted before all Swimmers there in have completed the race, shall be disqualified from his next scheduled race in the meet.
- (ix) There shall be four Swimmers in each relay team.
- (x) In relay events, the team of Swimmers whose feet lose touch with the starting platform before the preceding team-mate touches the wall, shall be disqualified.

- (xi) Any relay team shall be disqualified from a race if a team member, other than the Swimmer designated to swim that length, enters the water when the race being conducted, before Swimmers of all teams have finished the race being conducted.
- (xii) The member of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of the event, provided that it is made up from the list of Swimmers properly entered by a member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.
- (xiii) Any Swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other Swimmer who has not yet finished his race. Otherwise the Swimmer committing the fault or his relay team shall be disqualified.
- (xiv) Should a foul endanger the chances of success of a Swimmer, the referees shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he / she may order it to re-swim.
- (xv) No pace-making shall be permitted, nor may any device be used which has that effect.

पंचायत युवा क्रीड़ा और खेल अभियान

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8

Team Composition, Selection Method and Management

8.1. Swimming Team:

- 8.1.1. Open time trial should be conducted and announced well in advance so as to give fair chance to all Swimmers. A Committee should be appointed for this purpose.
- 8.1.2. Selection should be based on true performance of the Swimmer and no favour of any kind should be done.
- 8.1.3. Before selecting the team, find out from the organisers of the competition that how many Swimmers they shall permit per event and select the team accordingly.
- 8.1.4. The number of Swimmers in the team should be minimum whereas the events covered should be maximum.
- 8.1.5. It will be more economical to select a small team but at the same time it should be the best possible.
- 8.1.6. For relays you should always have one lead-off man and one good anchor man. In relay teams the first Swimmer should be able to take a good start and should give lead to the team. The anchor man should be more experienced having a fighting spirit. He should be able to swim better even if the team is trailing.
- 8.1.7. The team should be selected according to the level of competition in which it is going to take part. Do not disturb your regular coaching by always sending your best players / swimmers.

8.2. Water Polo Team Selection

The best possible players suitable to particular position should be selected. The player should be able to play at almost all positions. As per FINA rules the

water polo team consists of 13 players. The water polo team should be balanced and players should be basically good having all qualities required. Select the best players but at the same time preference should be given to all-rounders. The selection can be done by having 2 Goal keepers, 5 Defenders and 6 Forwards.



9

Tactics Involved in Swimming

Swimming is an individual and cyclic sport and not much strategy and tactics are involved in it. For this reason, except pacing the race, there is not much attention paid in this regard. In order to achieve the best performance, a swimmer must learn to distribute his distance economically and thoughtfully through out the race.

Tactics in Swimming of different races can be categorized in three different phases which are as follows:

1. Sprint races
2. Middle distance races
3. Long distance races

Sprint Races

50 mts: The 50 mt race is purely speed event and much depends on the start itself. The entire distance a swimmer covers at all out speed without much breathing especially in free style events. A good finish is required indeed as neck to neck fight is there.

100 mts: In 100 mt events it is not possible to maintain all out speed over the entire distance. In this event the best policy is to swim the first 50 mts within 1/2 - 1 sec of clocking time in 50 mts and also the 1st 50 is swam in 1 / ½ sec faster than the second 50m because the swimmer gets advantage of start and moreover he is fresh.

e.g. For pacing 100 mts free style

Expected time	-	56. 5 sec
Best time of 50 mts	-	26.5 sec

The pacing time for each 50 mts would be 27. 5 sec (1st -50)

The pacing time for each 50 mts would be 29. 5 sec (2nd -50)

Middle Distance and Long Distance Races

In pacing middle and long distance races the swimmer tries to prevent building up high oxygen debt in the race. By Swimming at a very fast pace he will accumulate a high level of oxygen debt early in the race and will experience an immediate drop in his speed.

The 1st 50m is usually 1sec. faster than other remaining laps in 400m and longer events. In other strokes where the distance is not more than 200m, the 1st 50m is only faster by 1-2 sec. In middle distance races of 200m and 400m a Swimmer may sometimes prefer to begin faster than an ideal pace and attempt to get out in front avoiding the choppy waters. Some Swimmers like to swim the strategy races in relation to the opponent.



10

Conduct of Swimming Competitions

Duties and powers of Swimming officials:

Following officials are required for the conduct of Swimming Competition and they work according to the duties assigned to them :-

- | | | |
|---------------------------------|---|------------------------------|
| (i) Referee | - | One |
| (ii) Control Room Supervisor | - | One |
| (iii) Judges of Stroke | - | Four |
| (iv) Starter | - | Two |
| (v) Chief Inspector of Turns | - | (2, one at each end of pool) |
| (vi) Inspector of Turns | - | (1 at each end of the lane) |
| (vii) Chief Recorder | - | One |
| (viii) Clerk of Course | - | Two |
| (ix) False Start Rope Personnel | - | One |
| (x) Announcer | - | One |

REFEREE shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of FINA.

STARTER, when starting an event, shall stand on the side of the pool within approximately five meters of the starting edge of the pool. Starter gives start by using clapper, whistle, buzzer etc. and he shall have power to decide whether the start is fair or not.

CLERK OF COURSE shall assemble Swimmers prior to each event according to their lane numbers allotted to them.

CHEIF INSPECTOR OF TURNS shall ensure that inspector of turns fulfill their duties during the competition.

INSPECTOR OF TURNS: One inspector of turns shall be assigned to each lane at each end of the pool. Each inspector of turns shall ensure that Swimmers comply with rules for turning and touching. In 800 and 1500 m events inspector of turns shall record the number of laps completed by the Swimmer of his lane and keep Swimmer informed about the remaining laps by showing them "Laps Cards" and semi-electronic equipment may be used.

JUDGES OF STROKE shall be located on each side of the pool. Each judge of stroke shall ensure that the rules related to the style of Swimming designated for the event are being observed.

CHIEF TIME KEEPERS shall assign the seating positions for all time keepers and the lanes for which they are responsible. Chief time keeper shall collect a slip or card from the time keepers of each lane showing the times recorded and handed over to the Referee.

TIME KEEPERS shall take the time of the Swimmers in the lane assigned to them. Each Time keeper starts his watch at the starting signal and shall stop when the race is completed by the Swimmer of his lane.

FALSE START ROPE PERSONNEL stand at a distance of 15m away from starting point. He shall drop the rope if start is not properly taken by the Swimmers in order to stop them.

ANNOUNCER makes an announcement of the events well in advance so that the Swimmers may make themselves ready on correct time at particular place.

CHIEF FINISH JUDGE shall assign each finish judge his position. After the race, the Chief Finish Judge shall collect signed result sheets from each finish judge and establish the result and placing which will be sent directly to Referee.

FINISH JUDGES shall be positioned in elevated stands in line where they have clear view of the course and the finish line. After each event the finish judges shall decide and report the placing of Swimmer according to the assignments given to them.

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Scoring Pattern

In swimming there is no hard and fast scoring pattern for deciding the Team Championship. However, the organisers may adopt following point system:

For individual events the points could be 5, 3, 1 for the first, second and third places respectively. For relay events it would be doubled, i.e., 10, 6, 2 for the first, second and third places respectively.

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